

Can you help?

gamh is looking for new volunteers

- **Could you spare a few regular hours each week and help us offer services to clients?**
- **Do you have an interest in mental health issues?**
- **Would you like FREE and comprehensive training helping you to become an important part of gamh?**

Full training is given and courses are run throughout the year, if this interests you then contact:

**Volunteering Team on 01452 551316
or email volunteering@gamh.co.uk**